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九 鬼 神 流 杖 術

九鬼神流杖術 Kukishin Ryu Jojutsu
(Nine Demon Gods School Cane Art)

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構

構 Kamae (Postures)

中段の構

中段の構 Chudan no Kamae (Middle Level Posture)

Kuden – Stare into the Uke's eyes with the intention of driving through and piercing his heart.

Stand in a natural position facing front (Similar to Bojutsu Hira no Kamae) - the Jo is held palm down about a foot apart in the centre. From this position, step back with your right foot. The feet are approximately 2 ½ to 3 feet apart with about a 1 to 2 inch gap between. The front foot (left) is angled very slightly to the left. This is not noticeable to the Uke. The back foot (right) points 45 degrees to the rear. Lower your centre of gravity as much as is comfortable (this takes time). Your knees should hide your feet if you are looking down (important point). Make sure the knees are not buckling inwards to take the strain. This will hurt initially but the pain is temporary and, if practiced correctly, will build strong legs. This is an important point. Your back is straight with this Kamae. Make sure your backside is not sticking out. This is a common mistake and should be corrected from the start. Your weight should be about 60/40 to the rear. Keep your shoulders relaxed and do not hunch them. Your head faces forwards. Bring the Jo under your right armpit and hold it against your chest. Your left arm holds the Jo so as to point the tip to the Uke's heart (note – your hands are still about 1 foot apart, they do not change). Your palms should be down. This Kamae is done on the left side and the right side.

下段の構

下段の構 Gedan no Kamae (Low Level Posture)

Kuden – Stare into the Uke's eyes with a composed feeling of responding to any changes the Uke may make.

This Kamae is the same as Chudan no Kamae with the following changes. - From a natural position facing front (same as in last Kamae) slide your left hand to the left until it is at the left end of the Jo. As you step back with the right foot bring your left hand to your Hara (2 inches below your navel) and allow your right arm to drop behind you (along the right side of your torso) and put the right tip of the Jo on the floor behind you (both palms are down). The right tip of the Jo should be along the same line of your feet. This Kamae is done on the left side and the right side.

一文字の構

一文字の構 Ichimonji no Kamae (Figure One Posture)

Kuden – Stare into the Uke's eyes with an attitude of becoming one with nature.

From a natural position facing front (same as in last Kamae) step back with your right foot to bring you body side on. Your feet should be approximately shoulders width apart with the knees slightly bent. The Jo is parallel to your body with your arms hanging naturally and your hands holding the Jo in the centre with a gap of approximately 2 foot in between your hands (palms down). Turn you head to your left so as to look over your left shoulder (to the front). Make sure your head is straight and not tilted to the side. Relax your shoulders. This Kamae is done on the left side and the right side.

青眼の構

青眼の構 Seigan no kamae (Correct Eye Posture)

Kuden – Stare into the Uke's eyes with a feeling of making him move at your will.

Stand in a natural position facing front (Similar to Bojutsu Hira no Kamae) - the Jo is held palm down about 2 feet apart in the centre. From this position, step back with your left foot. The feet are approximately 2 feet apart. The front foot (right) is angled very slightly to the right. This is not noticeable to the Uke. The back foot (left) points 45 degrees to the rear. Lower your centre of gravity as much as is comfortable (this takes time). Your knees should hide your feet if you are looking down (important point). Make sure the knees are not buckling inwards to take the strain. This will hurt initially but the pain is temporary and, if practiced correctly, will build strong legs. This is an important point. Your back is straight with this Kamae. Make sure your backside is not sticking out. This is a common mistake and should be corrected from the start. Your weight should be about 60/40 to the rear. Keep your shoulders relaxed and do not hunch them. Your head faces forwards. Bring your left hand next to your left hip and put the tip of the Jo on the line between yours and the Uke's eyes. Keep your elbows in. This Kamae is done on the left side and the right side.

詔変の構

詔変の構 Kyohen no Kamae (Posture Of Change)

(Kyohen is the traditional way of pronouncing the Kanji – it can also be pronounced as Ihen)

Kuden – Stare into the Uke's eyes with the feeling of drawing him in and inviting an attack.

Stand in a natural position facing front (Similar to Bojutsu Hira no Kamae) - the Jo is held palm down about 2 feet apart in the centre. From this position, step back about 2 feet with your right foot. Change your palm grip with your right hand to 'palm up'. Bring your right hand a couple of inches away from

your right cheek and your left hand pushes the Jo straight out so that the Jo is on roughly a 45 degree angle in front of you (front tip is the lowest point). Make sure your head is straight and not tilted to the side. This Kamae is done on the left side and the right side.

天地人の構

天地人の構 Tenchijin no Kamae (Posture Of Heaven, Earth And Man)

Kuden – Stare into the Uke's eyes with the feeling of being able to defeat any attack he may make under a single blow.

Stand in a natural position facing front (Similar to Bojutsu Hira no Kamae) - the Jo is held palm down about 2 feet apart in the centre. From this position, step back about 1 foot with your right foot. Change your palm grip with your right hand to 'palm up'. Bring your right hand a couple of inches away from your right cheek and allow the Jo to hang down naturally – your left hand should be by your right elbow. Your right hand grip should be with your thumb pressing the Jo against your palm and straightened index finger – the other three fingers are loose (the same way a Bo-Shuriken is held). Make sure your head is straight and not tilted to the side. This Kamae is done on the left side and the right side.

自然の構

自然の構 Shizen no kamae (Natural Posture)

Kuden – Stare into the Uke's eyes with the feeling of hiding all thoughts and intentions from him.

Stand in a natural position facing front with your knees slightly bent. The Jo is held vertically with the right hand and gripped about 2/3 of the way up (similar to a walking staff). Make sure your head is straight and not tilted to the side. This Kamae is done on the left side and the right side.

基本型

基本型 Kihon Gata
(Fundamental Forms)

上段受け

上段受け Jodan Uke (Upper Receiving)

This is for receiving a cut from Bikenjutsu Daijodan no Kamae. You can evade either 45 degrees left or right, to the front or to the rear – depending on the situation or the distance of the attack. This is the same as in Kukishin Ryu Rokushakubojutsu.

Begin from Jojutsu Ichimonji no Kamae. The Uke begins from Bikenjutsu Daijodan no Kamae. The Uke cuts with Karatake Wari (straight down to the head). In this example I will explain stepping forward to the left – but as I said, this can be also to the right and both can also be to the rear.

With the left foot, step 45 degrees forwards to the left and raise the Jo directly over your head and position your arms/hands like this – the left hand is raised high (don't lock the elbow out though) and supports the Jo between the thumb and the index finger (if you use a mirror to correct yourself, your thumb and fingers cannot appear above the line of the Jo) and the right hand palm/forearm support the Jo to put it on a 45 degree angle (your right hand should be directly above your head). You should aim to receive the Uke's cut at the right forearm position with the Jo to allow the cut to slide off the Jo.

面打ち

面打ち Men Uchi (Head Strike – the Kanji for Men means face)

There are 2 versions to this.

Version 1 – Begin in Seigan no Kamae (right foot forwards). The Uke begins in Bikenjutsu Seigan no Kamae. Shift your weight forwards onto the front foot (right) and as you do this, allow the Jo to slide through your hands until you can grab the front end of the Jo with your leading hand (right). As you step forward with your left leg, swing the back end of the Jo up and over your head and strike the Uke's head as your left leg lands (make sure that your right hand is by your abdomen and your elbows are kept in at all times). Do this on both the left and the right. Return to Kamae.

Version 2 - Begin in Seigan no Kamae (right foot forwards). The Uke begins in Bikenjutsu Seigan no Kamae. Shift your weight forwards onto the front foot (right) and as you do this, throw the back end of the Jo up and over with your left hand and use your right hand as an axis point (this will turn to palm up) and recapture the short end of the Jo with the left hand. Strike as you recapture the Jo (make sure that your right hand is by your abdomen and your elbows are kept in at all times). Do this on both the left and the right. Return to Kamae.

同打ち

同打ち Do Uchi (Side Strike)

There are 2 versions to this.

Version 1 – Begin in Seigan no Kamae (right foot forwards). The Uke begins in Bikenjutsu Seigan no Kamae. Shift your weight forwards onto the front foot (right) and as you do this, allow the Jo to slide through your hands until you can grab the front end of the Jo with your leading hand (right). As you step forward with your left leg, swing the back end of the Jo horizontally (sideways) to Do (torso) – to strike, just before you connect, snap/pull the back of the Jo with your right hand into your sternum to increase the power of the

strike (and keep your elbows in at all times). Do this on both the left and the right. Return to Kamae.

Version 2 – This is the same as version 1 except you toss the leading end of the Jo up and to the rear with your right hand and as the back end of the Jo emerges (the short end), capture it with the right hand (this is all done as you step in). The finish is the same only your palm position with your leading hand (left) is palm up. Do this on both the left and the right. Return to Kamae.

Note – If you strike Kasumi (the temple) from here, this becomes Yoko Men Uchi.

足払

足払 Ashi Barai (Lower Leg Strike – literal meaning is tripping up)

There are 2 versions to this.

Version 1 – Begin in Seigan no Kamae (right foot forwards). The Uke begins in Bikenjutsu Seigan no Kamae. Shift your weight forwards onto the front foot (right) and as you do this, allow the Jo to slide through your hands until you can grab the front end of the Jo with your leading hand (right). As you step forward with your left leg, swing the back end of the Jo around and down to the Uke's lower leg – to strike, just before you connect, snap/pull the back of the Jo with your right hand into your sternum to increase the power of the strike (and keep your elbows in at all times). Do this on both the left and the right. Return to Kamae.

Version 2 – This is the same as version 1 except you toss the leading end of the Jo up and to the rear with your right hand and as the back end of the Jo emerges (the short end), capture it with the right hand (this is all done as you step in). The finish is the same only your palm position with your leading hand (left) is palm up. Do this on both the left and the right. Return to Kamae.

小手打ち

小手打ち Kote Uchi (Wrist Strike)

There are 2 versions to this.

Version 1 – Begin in Seigan no Kamae (right foot forwards). The Uke begins in Bikenjutsu Seigan no Kamae. Shift your weight forwards onto the front foot (right) and as you do this, allow the Jo to slide through your hands until you can grab the front end of the Jo with your leading hand (right). As you step forward and slightly to the left with your left leg, swing the back end of the Jo up and over in a straight line and strike the Uke's wrists/forearms. Bring your body weight forwards and lower your posture as you strike to increase the power of the strike, and also keep your elbows in. Do this on both the left and the right. Return to Kamae.

Version 2 - Begin in Seigan no Kamae (right foot forwards). The Uke begins in Bikenjutsu Seigan no Kamae. Shift your left foot to your left and throw the back end of the Jo up and over with your right hand. Recapture the short end of the Jo with your left hand and strike the Uke's wrists/forearms (your left hand will be palm up). Realign your right foot just before you strike. Bring your body weight forwards and lower your posture as you strike to increase the power of the strike, and also keep your elbows in. Do this on both the left and the right. Return to Kamae.

下段打ち

下段打ち Gedan Uchi (Lower Strike)

There are 2 versions to this.

Version 1 – Begin in Seigan no Kamae (right foot forwards). The Uke begins in Bikenjutsu Seigan no Kamae. Shift your weight forwards onto the front foot (right) and as you do this, allow the Jo to slide through your hands until you can grab the front end of the Jo with your leading hand (right). As you step forward with your left leg, the tip of the Jo turns anti clockwise in a straight line from back to front. As the left leg lands, drop your hips and strike up powerfully with the tip of the Jo to the Uke's groin. Bring your body

weight forwards and lower your posture as you strike to increase the power of the strike, and also keep your elbows in. Do this on both the left and the right. Return to Kamae.

Version 2 - Begin in Seigan no Kamae (right foot forwards). The Uke begins in Bikenjutsu Seigan no Kamae. Shift your weight forwards onto the front foot (right) and as you do this, toss the leading end of the Jo to the rear (up and over) with your right hand. As you step forward with your left leg, the tip of the Jo turns anti clockwise in a straight line from back to front (use the momentum created from throwing the end of the Jo). As the left leg lands, drop your hips and strike up powerfully with the tip of the Jo to the Uke's groin (your left hand will be palm up). Bring your body weight forwards and lower your posture as you strike to increase the power of the strike, and also keep your elbows in. Do this on both the left and the right. Return to Kamae.

跳 上 げ

跳上げ Hane Age (Striking Upwards)

There are 2 versions to this.

Version 1 – Begin in Seigan no Kamae (right foot forwards). The Uke begins in Bikenjutsu Seigan no Kamae. Shift your weight forwards onto the front foot (right) and as you do this, allow the Jo to slide through your hands until you can grab the front end of the Jo with your leading hand (right). As you step forward with your left leg, the tip of the Jo turns anti clockwise in a straight line from back to front. As the left leg lands, drop your hips and strike up powerfully with the tip of the Jo to the Uke's wrists to knock the Uke's sword away. Bring your body weight forwards and lower your posture as you strike to increase the power of the strike, and also keep your elbows in. Do this on both the left and the right. Return to Kamae.

Version 2 - Begin in Seigan no Kamae (right foot forwards). The Uke begins in Bikenjutsu Seigan no Kamae. Shift your weight forwards onto the front foot (right) and as you do this, toss the leading end of the Jo to the rear (up and over) with your right hand. As you step forward with your left leg, the tip of the Jo turns anti clockwise in a straight line from back to front (use the momentum created from throwing the end of the Jo). As the left leg lands, drop your hips and strike up powerfully with the tip of the Jo to the Uke's

wrists to knock the Uke's sword away (your left hand will be palm up). Bring your body weight forwards and lower your posture as you strike to increase the power of the strike, and also keep your elbows in. Do this on both the left and the right. Return to Kamae.

小手返打ち

小手返打ち Kote Gaeshi Uchi (Turning Wrist Strike)

There are 2 versions to this.

Version 1 – Begin in Shizen no Kamae (Jo is held in your right hand). The Uke begins in Bikenjutsu Seigan no Kamae. Step in with your right foot and bring the tip of the Jo that is on the ground up and over (anti clockwise) and capture the short end with your left hand and strike the Uke's wrists/forearms as your right foot lands. Bring your body weight forwards and lower your posture as you strike to increase the power of the strike, and also keep your elbows in. Do this on both the left and the right. Return to Kamae.

Version 2 - Begin in Shizen no Kamae (Jo is held in your right hand). The Uke begins in Bikenjutsu Seigan no Kamae. Step in and to the left side with your left foot and at the same time, bring the Jo to your left side – still in your right hand (the Jo is still held vertically – at your left side). Bring the tip of the Jo that is on the ground up and over (clockwise) and capture with your left hand (the left hand becomes your lead hand) and strike the Uke's wrists/forearms as your right foot lands (your right hand is palm up). At the same time swing your right foot back and around to the left to line up your body for the strike. Bring your body weight forwards and lower your posture as you strike to increase the power of the strike, and also keep your elbows in. Do this on both the left and the right. Return to Kamae.

突

突 Tsuki (Thrust)

Begin in Chudan no Kamae (left leg forwards). The Uke begins in Bikenjutsu Seigan no Kamae. Pull your right hand back so that it slides to

the back end of the Jo – also shift your weight slightly to the rear (keep the Jo horizontal at all times). Shift forwards with your weight onto your left foot and thrust the Jo by pushing the Jo through your left hand with your right. Bring your body weight forwards and lower your posture as you strike to increase the power of the thrust, and also keep your elbows in. Do this on both the left and the right. Return to Kamae.

To improve your targeting skills within this technique, have your Uke hold a Rokushakubo vertically in front of him – aim to hit this.

杖術型

杖術型 Jojutsu Kata (Cane Art Forms)

十文字

十文字 Jumonji (Figure Ten – The Cross)

Kuden – The name of this Kata means that the Jo comes out in a cross shaped pattern in Katate buri.

This Kata should be done at speed so as to prevent the Uke from blocking any of the attacks.

Begin in Kyohen no Kamae (left foot forwards). The Uke begins in Bikenjutsu Seigan no Kamae. Step in with your right foot and as you do, push the Jo down with your left hand to rotate the Jo in a anti clockwise direction (up and over, vertically) and re-capture it with your left hand and strike the Uke's left side Kasumi (temple) with Yoko Men Uchi. Shift your back leg (left) to the right so it is behind your right foot - and from the last strike, move the Jo downwards in a semi-circle (clockwise) and strike to the Uke's left side Butsumetsu (this is a sudden movement). Then step to the left with your left foot – allow the Jo to slip through your fingers (looks similar to Gedan no Kamae – also, reposition your right hand so that it is palm down) and strike the Uke's right side Kasumi with Yoko Men Uchi as your right foot shifts behind your left. Allow the Jo to slip through your fingers and catch the front end with your left hand and immediately (and without moving your new hand positioning) turn the Jo over clockwise to strike the Uke's right side Kasumi again (your right elbow will be raised and your right hand will be in front – palm down in this strike). To finish, step to the right with the right foot – as you do, using your right hand as a pivot, throw the Jo counter-clockwise with your left hand so that it spins above your head – bring your left leg behind your right, catch the end of the Jo with your left hand and Yoko Men Uchi to the Uke's left side Kasumi. Return to Kyohen no Kamae and Zanshin.

六法

六法 Roppo (Six Ways)

Kuden – This Kata means to attack in every direction in every way.

Begin in Gedan no Kamae (left foot forwards). The Uke begins in Bikenjutsu Seigan no Kamae. Step in with your right foot and swing the Jo to - Ashi, Do or Men – any strike is fine. The Uke leaps back to avoid the strike. As the Uke evades the strike, release the Jo with your right hand and continue the swing so that you catch the Jo on your left shoulder – recapture the Jo with your right hand as the Jo comes to rest on the back of your neck (the middle of the Jo rests on the nape of your neck). Prepare to attack the Uke by watching him for an opening. Release your left hand and flick the Jo around towards the Uke's left side Kasumi with Yoko Men Uchi – catch the Jo with your left hand just before impact. Release the Jo with your left hand and turn the Jo up and over in your right hand in a counter-clockwise direction, and as the front end now becomes the back end, grab this with the left hand. The Uke enters into Bikenjutsu Daijodan no Kamae. At the moment the Uke is ready to cut, perform Tsuki to Suigetsu (you can also drop to the knee for the Tsuki). Return to Gedan no Kamae and Zanshin.

九法

九法 Kyu Ho (Nine Ways)

Kuden - Since nine was originally the highest number, the name of this kata means it is the most powerful kata.

Begin in Chudan no Kamae (left foot forwards). The Uke begins in Bikenjutsu Seigan no Kamae. Step in with your right foot and strike up to the Uke's groin with Hane Age, then immediately turn the Jo in a counter clockwise crescent (paddle the Jo using the right hand as an axis) to strike the Uke's left side Kasumi with Yoko Men Uchi. Pull the Jo back to Gedan no Kamae with the Jo on your left side, step forward with your left leg and strike the Uke on top of his head with Men Uchi. Then, step in with your right leg and strike with Ashi Barai to the Uke's rear leg. Step back with your right leg, return to Chudan no Kamae and Zanshin.

飛龍

飛龍 Hiryu (Flying Dragon)

Kuden – This Kata’s meaning is the image of a dragon soaring up into the sky.

Begin in TENCHIJIN no Kamae (left foot forwards). The Uke begins in BIKENJUTSU Seigan no Kamae. Step in with your right foot and strike to the Uke’s left shoulder with a diagonal strike. Switch foot positions so the left foot is forwards and strike with MEN Uchi to the top of the Uke’s head. Step in with your right foot and strike with DO Uchi to the Uke’s right side. Switch foot positions (left forwards) and strike up to the Uke’s groin with GEDAN Uchi. Step in with your right leg and strike to the Uke’s left Kasumi with YOKO MEN Uchi. Without moving your feet, strike to the inside of the Uke’s right lower leg/ankle with ASHI BARAI. Again, without stepping, revolve the Jo clockwise in your right hand, recapture with your left and strike the Uke’s left side with DO Uchi. Step back with your right leg, return to TENCHIJIN no Kamae and ZANSHIN.

付入

付入 Tsuke Iri (Entering Thrust)

Kuden – This Kata means to strike the Uke’s weak point.

Begin in CHUDAN no Kamae (left foot forwards). The Uke begins in BIKENJUTSU Seigan no Kamae. Step in deep with your left foot and TSUKI to DO. Step in with your right foot and strike up and through to the wrists/forearms with HANE AGE. Release the Jo with your left hand and swing the Jo clockwise over your head using your left hand as an axis, recapture the short end with your left hand and strike the Uke’s left side with DO Uchi. Pull your right leg back slightly – at the same time bring the front tip of the Jo down and behind you in a circular fashion (counter clockwise) on your right side. Step forwards again with your right leg and continue the circle to strike again with DO Uchi to the Uke’s left side. Step back with the right leg and finish by entering into CHUDAN no Kamae and ZANSHIN.

霞掛

霞掛 Kasumi Gake (Haze Trap)

Kuden - This kata means you strike the Uke's Kasumi

Begin in Chudan no Kamae (left foot forwards). The Uke begins in Bikenjutsu Seigan no Kamae. The Uke begins to approach – pull your left leg back and strike with Yoko Men Uchi to the Uke's left temple. As in the previous technique, release the Jo with your left hand and rotate it over your head with your right hand as the axis, recapture with your left hand and strike once again to left side Kasumi (temple) with Yoko Men Uchi. Step back with your right foot and bring the Jo across your chest (chudan no Kamae) Then step in with the right foot again to strike with Men Uchi. Step back with your right foot, return to Chudan no Kamae and Zanshin.

腕掛

腕掛 Ude Gake (Arm Trap)

Kuden - The name means you strike into the arm which holds the opponents sword.

Begin in Ichimonji no Kamae (left foot forwards). The Uke begins in Bikenjutsu Seigan no Kamae. The Uke then changes to Bikenjutsu Daijodan no Kamae, steps forwards with the right foot and cuts in with Karatake Wari (straight down to your head). Receive the cut by stepping back with your left foot and perform Jodan Uke. Finish by moving your left foot to the right behind and to the right side of your left (you should be on a 45 degree angle to the Uke). Let go of the Jo with your left hand and swing the Jo down onto the top of the Uke's wrists/forearms (recapture with the left hand just before the strike). Pull your right leg back and return to Ichimonji no Kamae and Zanshin.

小手返

小手返 Kote Gaeshi (Hands Against)

Kuden - The kats's name means crossing the hands over.

Begin in Seigan no Kamae (left foot forwards). The Uke begins in Bikenjutsu Seigan no Kamae. Without moving your feet, lean in whilst feinting a Tsuki (slightly to the Uke's right side Do). The Uke reacts by parrying your Jo to his right. As he does this, release the Jo with your right hand and allow the Jo to revolve counter clockwise on your left side – recapture the short end with your right hand and finish with Do Uchi to the Uke's right side. Return to Seigan no Kamae and Zanshin.

太刀落

太刀落 Tachi Otoshi (Sword Drop)

Kuden - The kats's name means rolling the hands over.

Begin in Seigan no Kamae (left foot forwards). The Uke begins in Bikenjutsu Daijodan no Kamae. As the Uke begins to attack as in the previous technique, step in with your right foot and strike in with Men Uchi – and just at the last moment, change the target and strike down to the Uke's wrists/forearms (shift your body weight onto your back leg). Switch step quickly (left foot forwards) and and strike under the Uke's wrists/forearms with Gedan Kote Uchi (you can drop to your left knee for this). Return to Seigan no Kamae and Zanshin.

Note – the timing of the first strike is critical to avoid being cut.